

# San Nicolas Community Paper

Unity In The Community Foundation



## San Nicolas On The Rise!

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FOR SAN NICOLAS

Uniting our  
Community

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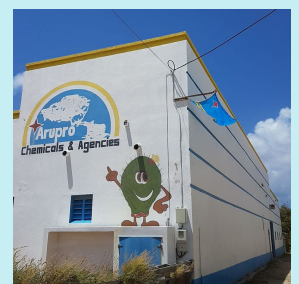
FROM SAN NICOLAS

Informing our  
Community

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BY SAN NICOLAS

Educating our  
Community



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TO CONTACT UNITY IN THE COMMUNITY FOUNDATION

**[unityinthecommunityfoundation@gmail.com](mailto:unityinthecommunityfoundation@gmail.com)**

# Helping The Kids Grow Their Dreams To Farm.

Angel Richardson who has a passion for growing vegetables, fruit trees, and all that has to do with agriculture, has received different seeds from the Foundation called FANA. Having received, a lot of seeds and some plants, Angel's wish can be fulfilled, which is expanding the garden. Congrats to Angel, father Angelo and mother Tania. And thanks to the support of Fundacion Ajudo na Aruba, FANA, we really appreciate it.



## Aruba Coved 19 Cases Finally Dropping .

I This has been a challenging year as the rise in covid positive cases has scared away countries from allowing their residents to travel to Aruba, but with this great news should take start taking down those red flags that are behind Aruba's name as a heavy covid positive island.

### ULTIMO INFORMACION

Casonan di Corona Virus na Aruba pa 27 di September 2020

27/9/2020	TOTAL	RESIDENTE	NO-RESIDENTE
<b>Casonan Nobo</b>	12	10	2
Activo	871	860	11
<b>Recupera</b>	2948	2910	38
Positivo	3844	3795	49
<b>Negativo</b>	26976	-	-
Getest	30640	-	-
<b>Getest na Airport</b>	13321	-	-
Morto	25	25	0



## DVG & Police To Step Up Their Covid 19 Control!

Due to some stores not sticking to the safety guidelines, DVG & the police has stepped up their control, and have caught a good bit of infractions, we hope after their heavy fine that they have received they will take these guideline seriously. This heavy control will continue. very important to know is that all stores got these guidelines to protect their customers, but some chose money over safety.



# THE UNKNOWN GENOCIDE OF THE BLACK GIANTS.

There was a deliberate systematic plot to annihilate the high races in West Africa and East Africa.

Most 18th century Fulani, Senegalese and Tutsi rose to an average height of 7ft 2 ". The highest rose to 8ft2 ' ' among the Tutsi and Nuer of South Sudan. The first eugenic operation was eliminating these specimens by syphilis murder, wars, defertilization, and outright inciting racial division with shorter tribes. Stigma has caused many high people to breed with the Twa to produce offspring of normal height. The case of what happened in Rwanda and Eastern Congo. In Rwanda the remaining semi-giants were slaughtered in the 1994 genocide. In America too these genes were medically attacked and reduced.

It should be noted, in passing, that it is this kind of giants who built the pyramids of Egypt. In order to master Africa, they had to be eliminated, because they represented a real danger for the colonizers. Reducing Africa, making it vulnerable, finishing off its giants has been one of the most abominable leukoderms in Africa. Today this kind of black man no longer exists because of the immense wickedness of the West.



# The importance of your immune system in fighting COVID-19 and how to keep it healthy

Your immune system works 24/7, whether it's offering you protection from the Coronavirus, a common cold or even pink eye. On the whole, it does a pretty good job, but sometimes it fails: a germ invades successfully and makes you sick.

**So what makes up our immune system and what is best way of keeping yours healthy?**

Your immune system is an intricate network of cells, tissues, and organs that band together to defend your body against foreign invaders – things like germs, viruses and bacteria. A healthy immune system protects you by creating a barrier that stops those invaders from entering your body. If one happens to slip by, it starts to produce white blood cells and other chemicals that attack and destroy these foreign substances. If your immune system can't get rid of the invader before it starts to reproduce, it simply revs up even more to destroy the invaders as they multiply.

In addition to blood cells and chemicals that physically attack germs, your skin, lungs, digestive tract, saliva and tears are also all involved in the immune response. That's why washing your hands and not touching your face are so important too.

## **Is it really possible to BOOST your immunity?**

Simply put, there is no quick fix when it comes to suddenly boosting your immunity and there is no supplement nor food that will suddenly strengthen it. The single best way to keep yourself, and your immune system, healthy is to choose a healthy lifestyle. What this does is offers support to your immune system and allows it to get on with its job of keeping invaders out, instead of trying to sort out other health problems.

## **What about loading up on Vitamin C or zinc to prevent COVID-19?**

Nutritional compounds like vitamin C, antioxidants and zinc do work with your immune system and help it function more effectively, but the truth is that if you are already eating a balanced diet, the evidence and research don't promote the need to take more. So the simple answer here is: eat well. Reduce your intake of highly processed and sugary foods, and increase your intake of fresh, healthy ones. If you enjoy foods touted as immune boosters, there's no harm in eating them as part of a balanced diet, but don't assume that's all you need to do, and don't neglect supported health advice, like washing your hands and not touching your face.

## **What other healthy lifestyle habits support a healthy immune system?**

Sleep is good for everything – but it's an undercover superstar when it comes to immunity, and there are two reasons for that. First, stress hormones dip while you're asleep – that's important because these hormones dampen your immune response. Second, a good night's sleep boosts the effectiveness of specialised immune cells, called T-cells. T-cells are in charge of recognising foreign invaders and activating the proteins that attach to, and kill them. It works so well in fact that studies have found

that people who sleep for less than 7 hours a night are around 3 times more likely to catch a cold than those sleeping for 8 hours or more.

### **Is keeping stress in check also important?**

Stress decreases the number of white blood cells that help fight off infection. The lower this level, the more at risk you are for infection. And this is where exercise comes in! Exercise delivers a double whammy to your immune system. It slows the release of stress hormones, while at the same time improving natural immune defense activity.

### **Does any kind of exercise help?**

Anything that gets your heart pumping helps! Your immune system responds almost immediately to exercise... so I would definitely make use of the daily exercise window. That said, exercising vigorously for all 3 hours of it may just do the opposite. Very high intensity and exhaustive training workloads are linked to a drop in immunity.

### **What could you do today to help support your immune system?**

Focussing on a healthy diet, sleeping well and moving more are the 3 cornerstones to a healthy immune system. But a positive mindset is equally as important. Research shows that positive thoughts reduce stress and inflammation and increase resilience to infection, while negative emotions can make you more susceptible to the common cold and flu. So I think its important that we try to keep that in mind as we face the many unknowns of the lockdown and deal with all of its frustrations, including limited exercise windows, shopping restrictions and of course... home schooling!



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# **Pharmacy On Duty**

**25 Sept - 2 Okt**

***San Nicolas:***

*Botica San Nicolas*

***Oranjestad:***

*Botica Oduber*



## ***Numbernan importante pa COVID-19:***

***-EMERGENCIA (despues di 7PM y den weekend):***

***166***

***-Test den siman (dialuna-diabierna 8AM-5PM):  
via bo dokter di cas***

***-Test weekend (diasabra 9AM-1PM): 280-0167***

***-Persona indocumenta: 280-0101***